

THE NAVAJO NATION



JONATHAN NEZ | PRESIDENT MYRON LIZER | VICE PRESIDENT

August 1, 2022

Navajo Department of Health Health Advisory Notice (HAN) COVID-19 Community Advisory No. 89 —Safety Precautions

WINDOW ROCK, AZ – The Navajo Health Command Operations Center is issuing uncontrolled spread of COVID-19 advisory for the following communities. The cases reflect dates July 15 – 28, 2022. The advisory will be in effect until the risk and cases decline.

The following communities are identified as having uncontrolled spread of COVID-19:

Baca/Prewitt	Fort Defiance	Lupton	Red Valley	Teec Nos Pos
Becenti	Ganado	Many Farms	Rock Point	Teesto
Cameron	Houck	Mariano Lake	Rock Springs	Thoreau
Casamero Lake	Indian Wells	Nahatadziil	Rough Rock	Tohatchi
Chichiltah	Iyanbito	Nahodishgish	Round Rock	Tonalea
Chinle	Jeddito	Navajo Mountain	Sanostee	Tsaile/Wheatfields
Churchrock	Kaibeto	Nazlini	Sheepsprings	Tsayatoh
Coalmine Mesa	Kayenta	Nenahnezad	Shiprock	Tselani/Cottonwood
Coyote Canyon	Lake Valley	Newcomb	Shonto	Tuba City
Crownpoint	Leupp	Pinon	Smith Lake	Twin Lakes
Dennehotso	Littlewater	Ramah	St. Michaels	Two Grey Hills
Dilkon	Low Mountain	Red Lake	Standing Rock	Upper Fruitland
Forest Lake	Lukachukai	Red Rock	Tachee/Blue Gap	

All residents should take precautions to protect their health from the spread of COVID-19. Individuals with the following conditions are at higher risk of being affected from COVID-19.

People at Increased Risk for Severe Illness	Might be at Increased Risk for Severe Illness
<ul style="list-style-type: none">• Older Adults• Cancer• Chronic kidney disease• Chronic obstructive pulmonary disease• Heart conditions• Immunocompromised state• Obesity and severe obesity• Pregnancy• Sick cell disease• Smoking• Type 2 diabetes mellitus	<ul style="list-style-type: none">• Asthma• Cerebrovascular disease• Cystic fibrosis• Hypertension or high blood pressure• Immunocompromised state• Neurologic conditions, such as dementia• Liver disease• Overweight• Pulmonary fibrosis• Thalassemia• Type 1 diabetes mellitus

All residents should practice health and safety measures:

- Get vaccinated.
- Wear a mask in the public.

- Avoid close contact with people who are sick.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Clean and disinfect frequently touched surfaces daily.
- Avoid touching your face, nose, and eyes with unwashed hands.
- Clean and disinfect your vehicle, home, workspace and other common areas on a regular basis.
- Social distance - keep 6 feet between yourself and others.
- Limit gatherings with individuals outside your immediate household.

For more information, including helpful prevention tips, and resources to help stop the spread of COVID-19, visit the Navajo Department of Health's COVID-19 website: <http://www.ndoh.navajonnsn.gov/COVID-19> . For COVID-19 related questions and information, call (928) 871-7014.